



“Bruce really had a thing for water and like most addicts it eventually killed him in the end,” a source told WWN, “so-much-so his last words were ‘actually, don’t be like water... Jesus Christ of all things to die from... this is so embarrassing after telling everyone to be water... damn you water... why couldn’t I die from fighting or getting beaten up by 20 lads... please... not... this... arghhhh I’m dead’”.

The quote you provided—“Bruce really had a thing for water and like most addicts it eventually killed him in the end, so-much-so his last words were ‘actually, don’t be like water... Jesus Christ of all things to die from... this is so embarrassing after telling everyone to be water... damn you water... why couldn’t I die from fighting or getting beaten up by 20 lads... please... not... this... arghhhh I’m dead’”—is **not a factual account of Bruce Lee’s last words**. It originates from a satirical article published by Waterford Whispers News, a well-known parody and satire website^[1]. There is no credible historical or medical record supporting that Bruce Lee uttered these words before his death.

What is factual:

- Bruce Lee’s famous phrase was “Be water, my friend,” reflecting his martial arts philosophy^{[2][3]}.
- Recent medical research suggests Bruce Lee may have died from **hyponatremia** (low blood sodium), likely caused by excessive water intake combined with other risk factors such as a fluid-heavy diet and cannabis use, which can increase thirst^{[2][4]}
^[3].

- The irony of Lee's "Be water" quote in light of this theory has been noted by researchers, but there is no evidence he recanted or made any statements like those in the satirical quote before his death^{[2][3]}.

In summary:

The quote about Bruce Lee's "last words" is a satirical fabrication and not based on any real historical evidence or eyewitness account^[1]. The real circumstances of his death are still debated, but current research points to a possible fatal water imbalance, not to the dramatic or comedic scenario described in the satirical piece^{[2][4][3]}.

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1. <https://waterfordwhispersnews.com/2022/11/28/actually-dont-be-like-water-bruce-lees-final-words-revealed/>
2. <https://news.sky.com/story/bruce-lee-may-have-died-from-drinking-too-much-water-12752552>
3. <https://pmc.ncbi.nlm.nih.gov/articles/PMC9664576/>
4. <https://economictimes.com/magazines/panache/drinking-too-much-water-may-have-led-to-bruce-lees-sudden-death-at-age-32-shows-new-study/articleshow/95683485.cms>